

HAPPINESS  
FOR  
YOU  
NOW

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By  
JOSEPH PANG WAY

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**HAPPINESS  
FOR YOU  
NOW**

BY  
JOSEPH PANG WAY

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DEDICATED TO THOSE  
WHO ARE IN EARNEST IN THEIR SEARCH  
FOR HAPPINESS

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## PREFACE

I AM grateful to my numerous friends who have reviewed this manuscript and assisted me with their kindly, helpful suggestions. To them all, my heartfelt thanks.

From the early 1930's I have had a deep interest in studying the fundamentals of happiness, reading all the books I could obtain on the subject. Many authors were of the opinion that happiness was the indirect result of other activities and that one could not seek happiness directly. I shall attempt to show that one can strive directly for happiness.

In 1942 I wrote a booklet, *The Master Key to Happiness*, emphasizing that personal control is the Master Key. This booklet was translated twice in India (into

Gujarati and Hindi), and the Government of the Bihar State of India in 1952 recommended it to pupils and students of all school and colleges and to members of all municipal libraries in that State. Another pamphlet, *Happiness Now*, written in 1950 stressed that creating Harmony Now would give us Happiness Now. After a quarter of a century, I am able to summarize this philosophy of everyday life in just FIVE SIMPLE, BASIC POINTS—points that even a child can understand:

- I. All are seeking Happiness.
  - a. Happiness defined for Basic Types.
- II. Happiness secured directly through the Law of Cause and Effect.
- III. Control is the Master Key—  
100% Control = 100% Happiness.
- IV. Constant Awareness.
- V. Enjoying the Moment.

Atherton, N. Q.  
Australia.

J. PANG WAY

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## I

## ALL ARE SEEKING HAPPINESS

*"... Real human progress which is happiness"—K.H.*

IN a survey conducted in U.S.A. over three thousand people were asked, "What have you to live for?" Ninety-four per cent of them stated that they were simply enduring the present while they waited for the future. When we are young, most of our years are spent anticipating and waiting for one thing or another to happen—the passing of examinations at school, high school or university; the attainment of our first position, marriage, the building of a home, living through the experiences of our children, and so on. As we grow older, we begin to look back on the happy days that are past and try to live again in the memory of them. Are we enduring the present NOW anticipating and waiting for something to happen or in memory of the happy times

that are past? How many days have there been in our whole life that we felt we were truly alive and were really enjoying the moment—the very moment of living? Because it is the only moment that we can enjoy, is it not?

Mr. J. Krishnamurti answered, "What are you seeking, you who strive and struggle and suffer and ache eternally with unsatisfied longings? Is it money? Is it possessions? Is it fame? Is it spiritual safety? Is it usefulness? Is it service? Yes, indeed, you think it is one of those things, but I tell you it is not. What you are seeking ceaselessly, day and night, is happiness. All these other things are only apparently the goal of your efforts, the rewards of your struggles. They are the glittering enticements dangling in front of your face and moving before you ever as you go. They are the lenses through which you peer for happiness."

Since the search for happiness is a universal avocation, I shall be quoting constantly from great minds on the subject. My contribution is to gather, combine and arrange the methods of attaining happiness in a few simple points for the average person to secure his own happiness.

This booklet is not just one experience, but the result of nearly a lifetime of experiences—a life searching for happiness and finding it in the heart of one's own life, in one's family and home. The test to employ is in living our life and in referring all theories and philosophies back to life itself!

The same, simple, basic points could be applied to every soul on earth and could be taught in simple language to children. What a distinct benefit it would be to children all over the world if they were taught a plain basis of happiness! It would produce a real peace on earth because there would be peace in the heart. Confucius wrote: "If there is righteousness in the heart, there will be beauty in the character. If there is beauty in the character, there will be harmony in the home. If there is harmony in the home, there will be order in the nation. If there is order in the nation, there will be peace in the world." Many authors emphasized also that the attainment of individual peace is the only basis for world peace.

"UNESCO called together a committee of experts on racial problems, the world's most

noted scientists in the fields of biology, genetics, psychology, sociology and anthropology, and these scientists, meeting in Paris, gave a scientific basis to human unity and to the philosophy of universal brotherhood which has achieved practical embodiment in the Charter of the United Nations" (Extract). Individual peace must be the vital key to human unity and brotherhood.

"Happiness is the end of religion, the object of philosophy, the dream of the wretched, the quest of the whole world. Happiness is great love and much service." "If happiness is lost on the journey through life, it is doubtful if all else were worth gaining" (Pluto). "There is no duty we so much underrate as the duty of being happy. By being happy we sow anonymous benefits upon the world, which remain unknown even to ourselves" (Robert Louis Stevenson). In Lord Baden Powell's last messages to the public, Boy Scouts and Girl Guides, he wrote in each of them: "The most worthwhile thing is to try to put a bit of happiness into the lives of others." Emerson declared, "It seems to me that the object of all life is happiness."

From all that has been written on the topic of happiness, it appears to be the most important subject in our life ; yet despite the pre-eminence of the theme, it seems that no schools, no colleges or universities ever teach the subject. " Dr. H. C. Link conducted one of the most exhaustive studies of the dynamics of personality and happiness ever undertaken. He was assisted in this project by more than forty psychologists. In summing up their findings, Dr. Link says that achievement of happiness and personality are one and the same. He defines personality as ' the extent to which the individual has developed habits and skills which interest and serve others ' . " (Extract). It is happiness that sustains one's interest and enthusiasm in the common routine of everyday existence. These points will make every day an adventure, adding to our understanding and to our zest and joy in living.

Ia

## HAPPINESS DEFINED FOR BASIC TYPES

THE dictionary describes happiness as contentedness, good fortune, fitting, felicitousness, etc., but for a study of the subject we have to dissect the meaning to suit the different temperaments or types of humanity—materialistic, emotional, intellectual or spiritual, all with their own special feelings or ideas of what happiness means to them. Happiness may mean to people, HARMONY or being IN TUNE on the physical, emotional, mental or spiritual planes, which enables them to attain physical well-being, emotional satisfaction, intellectual acumen or spiritual virtue. "The divisions we make are for the purposes of study, since Consciousness is ONE" (Dr. A. Besant, *Thought Power, Its Control and Culture*). Harmony can be on one, two, three or four planes or on a combination of any of

them, depending upon what type we may be. There can be hundreds or even thousands of different types of pleasure or ways of experiencing happiness, but all can be classified as being found on one or other of these four planes—physical, emotional, mental or spiritual. If there is harmony on all these planes for you, then you must be happy, you must be well, and at that moment you must be enjoying life to the fullest extent.

If harmony is only on one or two planes (for example, the physical and the emotional) and not in accord with our conscience (the spiritual), then it is very limited; pleasures under this heading are usually of short duration and the effects are disturbing. Only when the harmony is backed by our Inner Self can we be truly happy. The American motto, "Be Yourself," is commendable, if it means "Be your True Self." Sometimes the physical, emotional and mental clash with each other. We desire something that our mind knows is not right, and occasionally our thoughts have not the approval of our conscience. Harmony on all planes simultaneously gives the highest degree of happiness. Of course, it is not

always possible to have harmony on all planes : then harmony on the highest gives a greater degree of happiness, the contentedness and peace in the heart.

When we are young, it is mostly physical and emotional pleasures that appeal to us, which psychologists name as "escapes"; a person uses those pleasures to get away from or evade the common, everyday, uneventful way of life. Witness the youthful misdeeds of today—youth striving for happiness and not knowing where and how to find it. Studies appeal to another type which gains happiness through intellectual pursuits; as we mature, we find that harmony directed by our conscience is our aim. Note in these different groups that, the lower the plane, the greater the extent to which our pleasure is dependent upon outside sources; and the higher the plane, the more influence we have over our own happiness.

Harmony on these planes furnishes the simple key to our personality and health. The extent to which we sow harmony or discord in our daily life must determine exactly in what degree these two will attract or repel others through our

personality. It is the deciding factor as to whether we have many friends or just a few. One doctor was asked to name the most devastating disease today. "Loneliness," he said, "just plain loneliness which brings in its blight, melancholy, boredom, friendlessness."

The measure to which we sow harmony or discord *determines in what proportion we have good or bad health*, since perfect health is based on perfect harmony of the mind, emotions and physical body. Dr. Hans Selye stated, "The cause of being sick is chemical imbalance in the body—caused by stress." What causes stress? Obviously it is simply discord—mental, emotional and physical. In a report by the Ochsner Clinic in New Orleans, over seventy-seven per cent of five hundred consecutive admissions were sick from psychosomatic illness—that is, illness caused by cares, difficulties and troubles. Several judges told Dr. L. Balsam that unhappiness is the cause of thousands of accidents. M. L. Galton reports that worries and emotional upsets are prolific sources of occupational injuries. "Each of us has in his own system the greatest known power for good health—the power of good emotions."

(Dr. J. A. Schindler, *How to Live 365 Days a Year*). Some naturopaths believe that physical health depends upon the important physical factors, such as diet, exercise, elimination, relaxation, etc., which must have a place in the physical harmony. Sir Charles Wilson stated: "Happiness is easily the first factor affecting health."

Since discord is acknowledged to be the basis of ill-health, split personalities, accidents, occupational injuries and loneliness, surely it is worth our trouble and time to give it an important place in our daily life for the study and attainment of happiness, which is in a way similar to the development of muscles in that no one else can do it for us. Happiness can be attained for ourselves only by ourselves.

When there is harmony directed by our conscience and we are IN TUNE on all planes, we can extend more LIVING into the moment NOW and we can find in spirit the Elixir for Eternal Youth. We can then appreciate the full meaning of Dean Swift's famous toast, "May you LIVE all the days of your life!"

## II

# HAPPINESS SECURED DIRECTLY THROUGH THE LAW OF CAUSE AND EFFECT

*"We recognise but one law in the universe, the law of harmony, of perfect equilibrium"—K.H.*

MATERIALISTIC and intellectual types should connect this law of causation with Newton's Third Law of Motion, that action and reaction are equal and opposite; emotional and spiritual types may believe it through their own religion. All religions confirm this great Law, but I will quote only the compact, "Whatsoever a man soweth, that shall he also reap." Let us add also, "Whatsoever a man reaps, that he has sown in the past." In China, this law is stated as "Sow fruit for fruit, sow squashes for squashes."

"Lord Kilmuir, former British Home Secretary, spoke in Westminster Hall in London

before a distinguished audience of legal men of England and America which included over three thousand members of the American Bar Association. Lord Kilmuir gave expression to a way towards a solution of the world's ills, the need of men to live in conformity with the doctrine of the law of nature" (Extract).

In life, all our thoughts, emotions and actions belong to ONE of TWO groups, DETERMINING HARMONY or SOWING DISCORD, either by a positive or by a negative action. We are dispersing the seeds of harmony or discord every moment of our waking consciousness and in this PRECISE MEASURE do we find the ratio of harmony or discord in LIVING OUR LIFE EVERY MOMENT OF THE DAY.

When our thoughts, emotions and actions are uncontrolled, we react ALIKE to whatever happens. Should we meet someone who expresses resentment or makes a criticism, usually we add to it expressions of our own—not realizing that this is where we are evoking discord. Only when our thoughts, emotions and physical body are under our control do we determine to what degree these thoughts, words and acts will

create harmony in ourselves and evoke it in others.

This Law of Cause and Effect will eventually teach us all, since it is this law that brings us back to our OBJECT in life—that of finding HAPPINESS. For it is upon the PERFECTNESS of this law that we can rely for our harmony and peace; it is also the INEVITABLENESS of this law that brings to us our worry, grief and pain. We are not aware that in direct proportion to the order we produce we shall reap the same proportion and degree of effects. How many of us blame fate when we are reaping more discord than harmony in life! A child who has been burnt needs no more than one or two lessons, yet many of us criticize and resent year after year, not being conscious that we are broadcasting the discordant seeds of worry and grief.

As this is the ONLY Law that teaches, then in controlling the causes we necessarily control the effects. Let us say that "A" provokes discord or fails in a duty to "B". By that act, "A" is generating a cause, either by a positive or a negative action. So we can contribute

a cause, mentally, emotionally or physically at any time. It would be "B's" effect to reap that discord because of a cause that has been sown IN THE PAST; and by his present reaction to it, he is determining another cause. If he reacts harmoniously, he creates a harmonious cause; if he reacts discordantly he disseminates a discordant cause. Try to realize that even if we resent or criticize the weather or a so-called inanimate object, we sow discord. Whenever I am conscious of resenting or criticizing, I know that my awareness of the great Law is inadequate. Although cause and effect are inseparable like the head and tail of a coin, it does not mean that the reaction is immediate; sometimes it may be, but in other cases the effect happens much later. In every case the effect must always return, otherwise there would be no law; all the great religions would be wrong in their affirmation of this law, and the scientific law of action and reaction would not apply. A suggestion was made that mutation which occurs in genetics might come under this great Law, where Nature's law does not seem to apply in a very small minority of instances. In the

majority of cases, the average person can rest assured that if discord is sown, invariably discord will be reaped.

Nature does not command us to create harmony, but if we sow discord we must eventually reap the effect. The important point to watch is the dispersing of causes in the immediate NOW, as complete thought must end in action. It is the act that relates the total plan to the everyday act. If we merely believe that there is a Law of Cause and Effect, without ACTING upon the law, we cannot expect to gain happiness. We must CREATE HARMONIOUS NOW. We should always try to be aware of our reaction to personal happenings, and realize that we are free to evoke harmonious causes at any time, especially with our thoughts and feelings. If we disperse discord by these, we must not blame fate if worry and grief are the major experiences in our life. Mr. Aldous Huxley declared, "Experience is not what happens to a man; it is what a man DOES WITH what happens to him."

Some persons being unaware that they are evoking new causes by their reactions might

feel that the law is a fatalistic doctrine, as we are apparently caught in an endless chain of cause and effect and can do nothing about it. Controlling reactions must give us full mastery of the moment. Some may think of this Law as cold, not knowing that it brings us ever nearer to our real Self.

When we are aware of what makes up causes and effects, our attitude changes completely towards those who provoke discord for us. We realize that they are dispersing a cause, while we are merely reaping the fruits of what we have sown in the past. To them we should say, "Thank you for allowing me to repay my debt and I sympathize with you for planting one for yourself."

#### PLANES                      CAUSE    AND    EFFECT <sup>1</sup>

|             |              |            |             |
|-------------|--------------|------------|-------------|
| Spiritual : | Aspiration   | (leads to) | Ideals      |
| Mental :    | Appreciation | „          | Inspiration |
|             | Criticism    | „          | Worry       |
| Emotional : | Sympathy     | „          | Joy         |
|             | Resentment   | „          | Grief       |
| Physical :  | Helpful Act  | „          | Comfort     |
|             | Hurtful Act  | „          | Pain        |

<sup>1</sup> *First Principles of Theosophy*, by C. Jinarajadasa.

Some people have queried why worry is the effect of criticism and grief the effect of resentment. Since criticism is a discord on the mental plane, can you name another opposing discord on that plane than worry or a counteracting discord on the emotional plane than grief? Remember that the effects follow the causes on the planes in which they are produced.

It should be understood that this law does not force us to contribute kind physical acts, nor does it force us to sympathize or to appreciate, but if we want physical comfort and emotional and mental harmony, then we must do those things. If you disbelieve this law, try it out for a month in your own home. Control all criticisms and dislikes and sincerely appreciate, sympathize with, and do helpful acts for others, and assuredly you will experience the happiest month in your life through the power of creative harmony.

This is a Law of Nature and not an artificial one laid down by human authority; it is not a command but a simple statement of successions or sequences. It leaves us free to choose, but points out that such and such will inevitably

happen as the consequence of our choice, and whatever the condition we choose, we must accept with it the irrefutable effect. If we want happiness, we must cause those conditions of harmony—appreciation, sympathy and kind, helpful acts. Then are we bound, or free? We are free to make the conditions, and bound to the results when we have made them. It is an invariable law, and the constancy of law does not bind—it frees. Nature is forced to give us happiness if we create harmony.

Note particularly on what plane we are reaping discord. If we are suffering pain, try to remember WHEN we have performed hurtful acts; if we are grieving, HOW we have resented or disliked; if we are worried, HOW OFTEN we have criticized. I feel that we should have no trouble at all in seeing how we have sown the seeds. It might be the spice of life and a means of progress to criticize, according to some persons, but from my point of view, mental harmony is far more desirable than worry. It does not mean that we should not work towards improving our conditions or environment, but we need not resent or grumble about them. After we have

done our best, then we can affirm in our heart:  
"Whatever is, is best."

You can never tell what your thoughts will do,  
In bringing you hate or love,  
For thoughts are things and their airy wings  
Are swifter than carrier dove.

They follow the Law of the Universe,  
Each thing must create its kind,  
And they speed o'er the track, to bring you back  
Whatever went out from your mind.

—Ella Wheeler Wilcox.

### III

## CONTROL IS THE MASTER KEY IN CREATING HARMONY NOW

*100 % Control = 100 % Happiness*

TO create harmony, awareness and control of our actions, emotions and thoughts are the sole requisites. So CONTROL is the MASTER KEY to HAPPINESS. Why? Because in exact proportion as we influence our causes, so will be meted to us the precise percentage of corresponding effects. For example, if we control sixty per cent of our actions, ten per cent of our emotions, and five per cent of our thoughts, then we must expect to have those degrees of harmony on the various planes. If our influence over the various planes is increased to an average of seventy per cent then it is inevitable that harmony will be ours to the extent of seventy per cent. As we govern deliberately all our causes that we establish, we must in that

ratio compel the future, and thus we are the creators of our future, the moulders and masters of our own destiny.

If we maintain complete control, it means that we must create a hundred per cent of harmonious causes, and this determines a hundred per cent of harmonious effects. It is very simple, like a plain equation, but the trouble is that absolute control cannot be attained at once—it has to be developed slowly. Not until we are AWARE of the inevitability and the perfection of this great Law, shall we make a determined effort towards creating harmony in our thoughts, emotions and actions. "Before you speak or act, think carefully what the consequence will be" (K.H.).

No one is forced to gain control, but if he does not make the effort, he disperses a great percentage of discord. He must thereby REAP DISAGREEABLE EFFECTS until his INNER YEARNING for HAPPINESS is GREATER than his DISLIKE of SELF-CONTROL. These two emotions should be noted carefully to see which has the greater sway in his consciousness. We can have happiness with control, or discord without it. Since we are living in the present,

the Eternal NOW, our influence is essentially for the moment in which we act or react. If we can influence each MOMENT, then we shall create happiness for ourselves.

Every one of us has the best training-ground in the world for ourselves, in our own homes, and among relatives, friends and workmates. It is the school for living par excellence, because it is the one that through our past thoughts, emotions and actions we have determined exactly for ourselves. No institution can equal it in any way as an educational school for life. Through the dissemination of past discord we have created precisely the required environment—one that is made strictly to order to develop the particular characteristics required for our immediate development. This is the environment that many try to escape from through numerous ways, not being aware that we can never escape from the inevitable Law of Cause and Effect. We must reap all the effects of the causes we have sown, however much we try to withdraw from them. Many persons can testify that they have changed jobs, shifted their homes or places or abodes even to other countries, only to find after the change

that practically the same set of circumstances has prevailed. Our immediate environment becomes the crucial test—second to none.

We have read how great manufacturing companies set up testing-grounds for their machines, which are put through strenuous trials before they are regarded fit for public use. For myself there is no better and greater testing-ground for our theories in life than a home, especially for partners in marriage. What causes marriages to break up? Clearly it rests on the one basic point of discord. Since both partners are still far from perfection, there are bound to be thoughts and feelings that are different from each other. How many think that they are misfits in marriage, not realizing that it is not a case of finding the perfect one, but of understanding and applying the Laws of Nature to create harmony in the place where it is essential that happiness should reign?

The test to employ is life itself—to make an art of life. Mr. Geoffrey Hodson has stated: "Theosophy is first and last a life to be lived, a happiness to be given, a love to be shared." That can be said of any other philosophy or

religion. If our theories of life are tried and proved successful in living our life, they have passed the supreme test.

Without constant AWARENESS we should not be conscious of the MOMENT, the NOW, when we are able to create causes, especially in thoughts and emotions—appreciating and sympathizing. If we are after full happiness then we must have absolute control. Realize that it is each living moment, the NOW, that we are to influence; therefore HAPPINESS is OURS NOW, if we want it deeply enough, simply by CREATING HARMONY NOW!

## IV

### CONSTANT AWARENESS

*"If he wearies not of trying, he may discover that most noble of all facts, his true Self."*—K.H.

I CAN realize now why Mr. Krishnamurti stresses Awareness—awareness of being ETERNALLY ONE WITH ALL NOW, the goal of many religions whose general doctrine is that all life, all spirit comes from the ONE SOURCE. Our highest immortal Self must be a spark of the Divine Flame, so in Spirit we are truly ONE with ALL. Even before that point of realization is reached consciously, Mr. Krishnamurti's "Choiceless Awareness" would be in force. When we are aware of what is best from that ONE Reality, then there is no choice whatever—we shall do only what the conscience dictates. If we have to choose between two things, then we may be sure that we are not aware of what is best for us from

the point of view of our True Self. With most of us, our daily work is out of tune with our emotions; we know it is our duty to work and to provide for our loved ones, so it must be in full accord with our Real Self. It is only our emotional reactions that make us feel we would rather be resting or doing other things—emotions that have to be brought in line with our conscience. Then every moment becomes a wonderful opportunity for attaining the view of the True Self. “Every time that you say an incorrect thing or think an incorrect thought, you are lessening your own faculty of truth, . . . Truth is only truth to you when you have learned to LIVE it” (Dr. A. Besant).

“For within you is the light of the world, the only light that can be shed upon the Path. If you are unable to perceive it within you, it is useless to look for it elsewhere. It is beyond you, because when you reach it, you have lost yourself. It is unattainable, because it forever recedes. You will enter the Light, but you will never touch the Flame” (*Light on the Path*).

Those who have had the moment of conscious REALITY, of being EVER ONE WITH ALL

NOW, have arrived at the goal in the direct way. For them there are no problems in life at all, when everything is seen and activated from the ONE central point of Reality. We shall understand with Dr. Besant that "Happiness is not something that we shall gain, obtain and possess. It is our TRUE STATE OF SELF. The direct knowledge of the Eternal is gained by unveiling one's Eternal nature." When we have had a glimpse of the Self within we can fully appreciate the depth of the statement, "Real Human Progress which is Happiness."

"You have seen how sand will shape itself into diverse forms when a tuning-fork is held against a glass plate upon which fine sand is loosely strewn. The sand will assume beautiful shapes, which express the rate of vibration of the note to which the tuning-fork was sounding. This is more or less the way in which this greater thing happens. Imagine His Will as being the power that pervades the whole world. Then you can see how, conscious of it or not, we must finally fall into line with the Power in all things" (Extract).

The average person who has not had the moment of conscious Reality should try to calm

the body and still the emotions and thoughts, all of which screen effectively the constant light of the Spiritual Self from coming through. Imagine three clear glass plates filled with water held under an electric light, and the water moving and vibrating all the time. You can see how difficult it would be to obtain a clear view of the light; only when the three plates of water are perfectly still can the light shine through. Those plates can represent our physical, emotional and mental states, and when we reach the point when the physical is calm and relaxed, our emotions and thoughts are stilled, then the light of our True Self must be felt. Leading authorities (Drs. J. B. Rhine, E. Estebrooke, G. Murphy and J. E. Coover) have demonstrated scientifically this power of extra-sensory faculties. States that produce tension (worry, resentment, etc.) have a paralyzing effect; while those of serenity and poise permit the senses to function efficiently. It is our thoughts, emotions and physical actions that keep us unaware, that prevent us from feeling the glorious chord that is being constantly radiated from our Real Self. Dr. Besant affirmed, "In the inner region the whole universe exists as a

point ; such a man reaches the heart of life and sees all things therein."

Before most of us could reach the consciousness that is the heart of ALL, we must be aware of the steps leading towards it—aware that we are LIVING NOW, and when we have acquired the habit of creating Harmony, the law of attraction comes in, like attracts like, and we grow towards the Centre, the Centre that is the epitome of Love and Power, of Harmony and Peace, the Centre that is our real Self. The nearer we grow towards this Centre, the more we shall feel of qualities as not to be acquired, but qualities of our True Self that are unfolded, like the bud of a flower.

We begin to understand the statements of the Great Teachers on Love: "And would you have all the world love you, you must first love all the world." "If you love, you will fulfil the whole Law." The average person should try to develop it gradually. The pure love for our own children gives us a key to a love that is unselfish, that is not tainted in any way. Through our love for them, we can extend it gradually through relations and friends, until we can develop that

love to an ever-increasing circle. "Purity of earthly love purifies and prepares for the realization of the Divine Love" (S).

Also included in awareness is not merely an intellectual conception of the great Law of Cause and Effect, but a constant awareness of the law operating every moment of the day which can be attained through meditating upon it. Dr. G. S. Arundale stated: "I wonder how many of us realize that every sorrow, every anxiety, every despair, not less than every joy and happiness travels throughout the world, permeates the whole of the world." Then how important must it be to create Harmony NOW—to sound constantly the great note of Love from the symphony of life in all our thoughts, feelings, and actions. "We have to take ourselves in hand at every instant of time and see that every thought, every feeling, every action is definitely under the control of an awakened understanding and intuition" (K.H.).

"By our thought we create character, for a thought often repeated becomes a habit, and a habit gradually crystallizes into a permanent quality or a part of our character . . . A man is

the creation of thought. What he thinks, thereafter he becomes. When the mind loses hold of its object as it will do time after time, it must be brought back again and again—a wearisome and tiring process, but there is no other way by which concentration can be gained” (Dr. A. Besant).

In the formation of good habits, in the elimination of discordant ones, thought control has to be acquired to a certain degree. Let us take the example of a man with a habit he wishes to break. “Up to that moment he is safe and in a short fraction of a second he imagines the habit being fulfilled. . . . He has made the thought-image. Then perhaps he calls belatedly upon his will and says: ‘I do not want this thing.’ But then the struggle is practically futile. Once he has created the thought-image, realization in action generally follows. Sometimes the image is not quite strong enough and he succeeds in repressing it, but even then there is all the struggle and exhaustion of the body and the suffering which is the result. The better way is to prevent the creative thought image from being formed and this the power of the Self can achieve. You must decide that you

are not going to allow any images to be formed unless you, the Self, determine it. Create in it the one thing you determine to become. . . . Know that you are the Self, living a life of superhuman bliss and glory and joy in your own world" (Dr. J. J. van der Leeuw).

"Listen to the Song of Life. Learn from it that you are part of the harmony; learn from it to obey the laws of the harmony" (*Light on the Path*).

John Masefield wrote, "This world is only a shadow of the reality so beautiful that words cannot tell of its beauty, so wise that words cannot disguise its wisdom, so glorious that man can hardly think of it. In certain moments of illumination, the reality of the world becomes apparent and its glory becomes something so magical that you have to cry aloud what you can of its wonder." "Every thought, every feeling, every act was beautiful and accomplished with an ease and grace quite strange to me. Everything seemed to express itself in terms of light. The woods were a mass of light. Friends were like living flames. I felt myself radiant in a wonderful way. I sought solitude mostly and walked for

miles, forgetful of my body in the new world I had found. Nothing seemed impossible. I felt a liberated spirit in the most real sense" (Rev. B. W. Casselberry). "Light rare, untellable, lighting the very light, beyond all signs, descriptions, languages."

Through the literature of all ages, there has always been the affirmation of this spiritual experience, call it what you may, Enlightenment, Liberation, Reality, Buddhic or Cosmic Consciousness; and Mr. Geoffrey Hodson affirmed that "one moment of Egoic Consciousness is sufficient—it will last a lifetime and the experience cannot be erased." All spiritual advice and instruction can be divided into two classes: 1. From the standpoint of the personality towards the real Self (and this comprises over ninety-five per cent of all instruction given). 2. From the viewpoint of the Spiritual Self towards the personality (and this advice is difficult to understand until one has had that moment of Reality).

From these two basic points of view we can understand that there are two distinct views with regard to the problems of life. Religion and philosophy assert the two in the conflict between

spirit and matter. Psychology affirms four courses towards every problem—fight it, forget it, flee it or face it. If one forgets or flees the problem through artistic pursuits, they become escapes from the viewpoint of the personality; but from the point of view of the True Self, artistic pursuits are the true expression of the real nature within us and are not escapes at all. In facing a problem, see it from the viewpoint of the One Self and “in this complete union with life, there is spontaneous action in accordance with Truth” (J. Krishnamurti). If we feel that all life is Eternal, all life is ONE—then no problems at all can exist in the atmosphere of the Eternal NOW. “The Eternal is not to be confused with the everlasting. The everlasting is an infinite extension in time, but the Eternal is timeless—where time is not” (Rohit Mehta).

If our consciousness is continually directed back to its ONE Source, then we must have a realization of being constantly re-charged, and of radiating vibrations all the time. Our duty is to be aware that we are in accord with the music of Nature, in unison with the chord of our True Self, which is the harmonious note in each of our

bodies. When we have reached the spiritual Self consciously, then (as stated by Dr. van der Leeuw) "a great change takes place whereby our life no longer belongs to this world of diversity, no longer to the iron filings which are being shaped ; it begins now to belong to the Power that shapes it. We begin to belong to the side of creation instead of the side of the creature." "What man really seeks is not perfection which is in the future, but fulfilment which is in the present" (N. Sri Ram).

When we have had that moment of conscious Reality, then the slow process of attaining and controlling is no more. Everything is seen and activated from the standpoint of the Spiritual Self and we are THERE.

## "UP THERE"

Substance—not shadow,  
Fact—not seeming ;  
Object—not image,  
Life—not dreaming ;

Cause—not sequence,  
Love—not pining ;  
Circle—not segment,  
Flame—not shining.

Waiting nor hoping,  
Only seeing ;  
Never Becoming—  
Only BEING !

—C. Jinarajadasa.

## V

### ENJOYING THE MOMENT

WHEN the fundamentals of life are known and all its events seen in their proper perspective, then life becomes a glorious adventure. It becomes a place where we can find beauty and love and joy through our own power in creating causes for the effects desired. Beauty of colour, beauty of form, beauty of movement and beauty of tone can be enjoyed to the full, even though we do not possess an advantage in worldly goods. "For Nature, smiling and indifferent, does not force her treasures upon us ; she lets them fall into our open hands." Dr. Einstein stated that the greatest activity of which man is capable is the opening up of yet another fragment of the frontier of beauty. "Every beautiful thing is a window through which we can look into the ever-present Reality" (N. Sri Ram).

How easy it is to appreciate beauty when all life is unified, as science has confirmed ! The

spirit within us is one with the beautiful vibrations of Nature's arts that are free for all to enjoy. To be unified with beauty in Nature, in music and in movement, gives a glorious sense of bliss that must be repeatedly experienced for deeper realization. Pater affirmed that all the arts seem to lead up to music. "We should understand that the significance of music is not merely an aesthetic balm, but to be used as a re-creation of ourselves until we come to the Centre of life. . . Music can lead to this Centre more swiftly and more directly than any other art" (C. Jinajadasa).

Enjoyment of beauty is habit-forming; the longer our acquaintance with it, the more we look for new sources and try new approaches. "Now we are beginning to get back a little more into touch with the great life of Him who manifests through the waves of the sea, through the sunrises and sunsets; with the life of Him who sings through the birds, who springs up through the life of the grass and the heather. All the sweet, beautiful things of Nature, even your own bodies, are to be realized as part of His Vestment, as the Chalice of His Own Divine Life, and

that Chalice must be filled with the life that He pours out. The glory of the clouds, the splendours of the thunderstorms and of the lightning, the magnificence of the sunrise—it is in those things that you can touch His Divine Life and rise above yourselves and touch the fringes of that mighty Consciousness into which the whole being sinks deeper than words can tell" (Dr. G. S. Arundale).

G. K. Chesterton affirmed; "The world will never starve for want of wonders, but only for WANT OF WONDER!" How many can appreciate the beauty of colour and form in the same degree as an artist? A little basic study of art will make us more appreciative of the wonderful beauty of colour and grace of line, which can be found in simple things, such as a single tail feather of a peacock. The cultivation of beautiful flowers of our own choice will add an appreciable amount of joy to our lives. Can any painting compare with a scene of Nature? There we have life sparkling and glowing in everything, the third dimension (and other dimensions if we can sense them), atmosphere in its variety of moods, a hundred degrees of

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shading in a multitude of combinations of different colours, the graceful swaying of trees and weeds in the wind—a picture that no brush could depict adequately in any of its aspects—a picture that would be worth thousands of pounds if it could be done. Yet we pass it by. In sunrises and sunsets, the different changing of colours in a few minutes is so marvellous that one is lost in amazement. How many of us stop to tune in to those wonderful chords of harmony—the infinite blending of one's True Self with the ONE Light?

A study of the fundamentals of classical dancing, poetry and music will give a deeper realization of the beauty of movement and of tone, in which “every move can be a dancing poem of delight”. “There are lines which haunt one with their musical cadence, their light and shade, their rich colour word witchery, word jewellery.” Anatole France wrote : “A beautiful verse is like a violin bow drawn across the resonant fibres of our own soul. It is not his own thoughts, but ours that the poet sets singing within us”.

The vital thing is to be able to appreciate the Moment of our enjoyment. The average person

looks forward to some particular thing and when it comes he fails to appreciate it, he fails to enjoy it to the full. Try to treasure and lengthen the moment when we are enjoying life—when we are in harmony with sunsets, flowers, and numerous other aspects of beauty ; when we are reading poetry, when we are listening to music. Enjoy the harmony to the utmost and use it as an aid to contact the Centre, the spirit within ourselves. From there, send the harmony in thoughts and feelings to our dear ones, to all our friends, and radiate that love and joy to all. “ A universe of beauty is around us, its waves playing on us from every side : everything that is in the mind of the Logos of our system is playing on us and on our bodies NOW. How much of it we can receive marks the stage our of evolution ” (Dr. A. Besant).

At meal-times, are we conscious that we are enjoying the meal—the delicate blending of flavours, the pure sweetness of vegetables, the lusciousness of a single fruit in season, the flavour of a good cup of tea or coffee partaken in the sunshine of the company of a spiritual friend ? At rest, do we sense the joy of complete

relaxation, the opportunity to stretch our limbs in comfort ?

If we carry out that idea in life, appreciating the good things and enjoying those moments to the utmost, how much more happiness shall we obtain by creating harmony through appreciation ! Dr. Besant emphasized, "Life is a continual REMAKING of ourselves until at last we know HOW TO LIVE". When we are enjoying the sunshine of life, one feeling persists, and that is, the desire to help others towards the simple points of happiness. "Happiness of the spirit is the greatest of ALL arts ; on this depends our life, its vividness, its intensity and the happiness of those dear to us " (Dr. B. Sokoloff).

John Ruskin wrote in his Art School notes, the quintessence of advice to art students : "Examine, after every period of renewed industry, how far you have enlarged your faculty of admiration. Consider how much more you can see, to reverence, in the work of the Masters ; and how much more to love, in the work of Nature. This is the only constant and infallible test of progress." Let us examine ourselves carefully and take particular notice how far we have increased

the degree in our joy of living, which means the degree of our control.

Every minute is a glorious opportunity to develop the qualities of the spirit, or to be of service in thought if not in action. If we take these opportunities, then each day should mark an advancing step in our progress towards the fulfilment of our inherent desire for happiness. We should use our golden opportunities to increase our control over the Moment—the nearer it is to being complete, the nearer we must be to HAPPINESS.

### *THE MOUNT*

Upon the Mount, the land of love's awakening ;  
The goal of journeying, by love impressed ;  
The end of life and death, the end of striving—  
The realm within, where dwells eternal rest.

—Harold Henry

## FIVE SIMPLE POINTS FOR LIVING NOW!

1. ALL are seeking HAPPINESS.

"Real Human Progress which is  
HAPPINESS" (K. H.).

2. HAPPINESS secured DIRECTLY through  
the LAW of CAUSE and EFFECT.

"As ye sow, so shall ye reap."

- 3 CONTROL is the MASTER KEY in  
CREATING HARMONY NOW.

100% CONTROL = 100% HAPPINESS.

4. CONSTANT AWARENESS.

"Ever ONE with ALL NOW."

5. ENJOYING THE MOMENT.

"The world will never starve for want  
of wonders, but only for WANT OF  
WONDER" (G. K. Chesterton).

"Life is a continual RE-MAKING of our-  
selves until at last we know HOW TO  
LIVE" (Dr. A. Besant).

